



Summer 2016 Group Fitness Schedule

Monday, May 16th, 2016 through Friday, August 26th, 2016

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Zumba	Monique
<u>Tuesday</u>		
Noon - 1:00pm	Power Yoga	Amy
4:00pm - 5:00pm	Intermediate Yoga	Caroline
<u>Wednesday</u>		
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Zumba	Monique
<u>Thursday</u>		
Noon - 1:00pm	Stretch and Strengthen	Kathy
4:00pm - 5:00pm	Beginner Yoga	Caroline

***The Friday Noon PiYo class will not be meeting in July & August 2016; we apologize for the inconvenience.**

All Fitness Classes are open to students, faculty, staff, administrators and members of the John Carroll RecPlex.

If you have any questions regarding the schedule please contact Morgan Robinson @ x1785 or by e-mail (mrobinson14@jcu.edu)

All fitness classes are funded in part by the Student Activity Fee